

Living in Grace

Put Off, Put On – Ephesians 4:17-32

Two Questions

"... put off your old self, which belongs to your former manner of life... put on the new self, created after the likeness of God in true righteousness and holiness."

Ephesians 4:22-24 ESV

What do you need to put off?

What do you need to put on?

Memory Verse

"Therefore, having put away falsehood, let each one of you speak the truth with his neighbor for we are members one of another."

Ephesians 4:25

Putting away falsehood means living authentically with each other. How would that change our church? Our community?

A Daily Guiding Thought

It's easy to love someone who loves you well. What does it look like to love all? Let this question captivate your thoughts and command your responses to all circumstances in these coming days:

What does love require of me here?

Living in Grace: Put Off, Put On

Questions based on sermon from September 17, 2023

Ephesians 4:17-32

Getting to Know Me

1. We've all heard, "You are what you eat." If the saying was, "You are what you wear," what would you be? (smelly workout clothes, high heels, cowboy boots and chaps...) Why?
2. Would you rather watch professional wrestling, the news, or a Hallmark movie? Why? What draws people to each of these types of shows?

Digging Deeper

1. What new insight or information did you learn from Pastor Luke's sermon this past Sunday?
2. Read Ephesians 4: 22-24. What three things are you told to do in these verses? How do we successfully do those things? Read Romans 12: 1-2. What direction are we given here? What is the difference between "conform" and "be transformed"?
3. In Ephesians 4: 22-24 we are told to put off our old self and put on the new, in the likeness God. Read verses 25-32. Which of those things do you personally need to put off and put on?

Put Off

Put On

4. Sometimes it feels as if our culture thrives on conflict, pitting one side against the other to sell advertising and garner ratings. Why is that attractive to us in America? What would happen if Jesus' followers lived verses 25-32 in all their relationships?
5. These verses have a list of *do's* and *don'ts*. Does that make Christianity works based? Jesus' followers don't put on these things because it's the right thing to do, but rather because of who we are in Jesus. Look back through Ephesians. God has given us a new identity in Him. How does that resonate with you?
6. Read Psalm 145: 8-21. How does this passage relate to what we've been asked to put on in Ephesians 4?

Where Do I Go from Here?

This passage challenges us to "put off" our old self and to "put on" the new self. What are some things you personally need to put off? Put on? Thinking through the message and your Growth Group discussion, what action steps can you take this week to allow God to make you "new" in the attitude of your mind and more like Jesus (v. 23-24)?

Prayer

Using your own words, write out a prayer asking God to make you more like Him this week.